

AD _____

Award Number: MIPR OEC5DE0069

TITLE: Preventing/Decreasing Running Injuries in an Active Duty
Population Via a Web Based Tele-Consult System

PRINCIPAL INVESTIGATOR: Mark Jacobs

CONTRACTING ORGANIZATION: Walter Reed Army Medical Center
Washington, DC 20307-5001

REPORT DATE: May 2000

TYPE OF REPORT: Midterm

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

DISTRIBUTION STATEMENT: Approved for public release;
Distribution unlimited

The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation.

20010424 119

REPORT DOCUMENTATION PAGEForm Approved
OMB No. 074-0188

Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing this collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302, and to the Office of Management and Budget, Paperwork Reduction Project (0704-0188), Washington, DC 20503

1. AGENCY USE ONLY (Leave blank)**2. REPORT DATE**

May 2000

3. REPORT TYPE AND DATES COVERED

Midterm (15 Feb 00 - 30 Apr 00)

4. TITLE AND SUBTITLEPreventing/Decreasing Running Injuries in an
Active Duty Population Via a Web Based
Tele-Consult System**5. FUNDING NUMBERS**

MIPR OEC5DE0069

6. AUTHOR(S)

Mark Jacobs

7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES)Walter Reed Army Medical Center
Washington, DC 20307-5001**8. PERFORMING ORGANIZATION
REPORT NUMBER**

E-MAIL: mark.jacobs@det.amedd.army.mil

9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES)U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012**10. SPONSORING / MONITORING
AGENCY REPORT NUMBER****11. SUPPLEMENTARY NOTES****12a. DISTRIBUTION / AVAILABILITY STATEMENT**

Approved for public release; Distribution unlimited

12b. DISTRIBUTION CODE**13. ABSTRACT (Maximum 200 Words)****14. SUBJECT TERMS****15. NUMBER OF PAGES**

3

16. PRICE CODE**17. SECURITY CLASSIFICATION
OF REPORT**

Unclassified

**18. SECURITY CLASSIFICATION
OF THIS PAGE**

Unclassified

**19. SECURITY CLASSIFICATION
OF ABSTRACT**

Unclassified

20. LIMITATION OF ABSTRACT

Unlimited

MidTerm Overall Evaluation Report

PROPOSAL: 1999000218

TITLE: Preventing/decreasing running injuries in an active duty population via a web-based tele-consult system.

1. ACCOMPLISHMENTS:

The web-based database and store-forward system is on-line and being tested. The project research technician has been hired and most of the equipment has arrived.

2. PROBLEMS:

A final research design with valid protocol has not been established at this point. However, we expect to have a submission to WRAMC DCI within 30 days. Also, the poc information contained in the proposal section is incorrect.

3. LIFE-CYCLE:

The model program, consisting of a final research design, use of equipment, use of telemedicine database program and initial database collection will be implemented. We will prospectively follow research participants and a report on our findings will be forthcoming. We will establish the running shoe clinic at off-site locations and begin collecting data at these locations. The data collected will be the source of more research to come. A training manual also will be created to allow technicians to come to our facility to learn everything needed to administer a running shoe clinic at their own facility using the telemedicine program.

4. DELIVERABLES:

Since we have not started testing, we have no data. Correct running shoes and proper training will decrease the number of running injuries. Our research protocol will state exactly how we are prepared to support this hypothesis and the way in which it will be measured. The success of establishing a running shoe clinic on-site at many facilities using the telemedicine program will eliminate the soldier from having to travel to hub-type facilities that conduct shoe clinics, thereby decreasing travel time and time away from work...hence a cost benefit. The goal is that running shoe clinics will be established first, in our region and then nationwide, provided funding is secured.